

HMGT 2460 INTRODUCTION TO NUTRITION SCIENCE

Instructor:

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Course Description

This course is an introduction to the relationship between nourishment, lifestyle choices, and long-term health. Topics include classes, sources, and functions of nutrients; and their digestion, absorption, and metabolism. Investigation of eating patterns using database technology demonstrates the relationship between food consumption and nutrient adequacy. The economic, cultural, and psychological implications of food choices and eating behaviors are studied.

UNT Over Arching Objectives (OAO)

1. Gain an awareness of fundamental areas of knowledge and the interrelationships among them
2. Gain the skills required to explore and test ideas
3. Have the ability to read intelligently, write clearly and speak well
4. Value different ideas, perspectives, cultures and viewpoints
5. Demonstrate personal and social responsibility

UNT Exemplary Educational Objectives for Natural Sciences (EEO)

1. To understand and apply the scientific method and appropriate technology to the study of natural sciences.
2. To recognize scientific and quantitative methods of inquiry, and to be able to communicate findings, analyses, and interpretations based upon these methods.
3. To identify and recognize the differences among competing scientific theories.

Learning Outcomes

After successfully completing this course you are able to:

1. Describe the process by which the body obtains nutrients from food
2. Identify the macronutrients and outline their relationship to energy production
3. Explain the role of electrolytes in maintaining fluid balance
4. Describe health implications edible plant phytochemicals
5. List nutrients important to bone health and explain their function
6. Describe the scientific method and its application to research in nutrition science
7. Write hypotheses and discuss procedures for accepting or rejecting hypotheses
8. Use reliable methods for data collection and analysis, and interpretation of results
9. Demonstrate how to form and communication conclusions

Textbooks

1. Thompson JL, Manore MM & Vaughn L. *Nutrition, An Applied Approach*. San Francisco, CA; Pearson.
Course ID: CONNORS85245
2. Connors, P. *Discovering the Science of Nutrition*. Denton, TX: UNT Press

Grade Determination (This is a 3-credit hour course with 3 hours of lecture and 2 hours of lab)

Component	
Lesson quizzes	13%
Lesson/lecture exams	50%
Lab quizzes	11%
Lab reports	23%
Lab final	3%

Grade Determination (This is a 3-credit hour course with 3 hours of lecture and 2 hours of lab)

Component	Points	
Lesson/Lecture quizzes	50	A = 360-400 points
Lab quizzes	45	B = 320-359
Lecture exams	200	C = 280-319
Labs reports	90	D = 240-270
Lab final	<u>15</u>	F = < 240
Total Points	400	

Online Quizzes: There are 11 online quizzes, each is worth 5 points and the lowest grade is dropped.

Lab Quizzes: There are 10 lab quizzes, each is worth 5 points and the lowest grade is dropped.

Lab Reports: There are 10 lab reports, each is worth 10 points and the lowest grade is dropped.

Exams: There are 4 exams, each is worth 50 points, you can take one late exam with a 10-point penalty.

Lecture Outline

1. Global nutrition
2. Nutrition in health
3. Designing a healthful diet
4. Human body, digestion and absorption of nutrients
5. Macronutrient: carbohydrate
6. Macronutrient: lipid
7. Macronutrient: protein
8. An review of vitamins & minerals
9. Nutrients involved in fluid and electrolyte balance
10. Nutrients and antioxidant function
11. Nutrients and bone function

Lab Outline

1. Orientation
2. Scientific method and measurement
3. Food groups and buffets
4. Meeting Dietary Reference Intakes
5. Wheat free for a week
6. Sweetened/non-sweetened breakfast cereals
7. Dietary fats
8. Plant based diets and protein adequacy
9. Sensory evaluation of water
10. Plant phytochemicals and pH, time, and temperature

Contact Your Instructor

Use your Blackboard class at ecampus.unt.edu to contact your Instructor. Click on Blackboard mail and send a message. Messages are answered on Monday and Wednesday.

Payment To attend class, you must be paid in full. Check your online schedule daily through the 12th day of classes to make sure that you are not dropped from a class for non-payment. You may be unaware of a drop that occurred for an unexpected reason, such as unapplied financial aid or schedule change fees. The School of Merchandising and Hospitality Management does not reinstate anyone after the 12th class day regardless of cause. It is your responsibility to confirm that all your payments are made and that you are eligible to attend as of 12th class day.

Disability Accommodation The School of Merchandising and Hospitality Management cooperates with the Office of Disability Accommodation ([ODA](#)) to make reasonable accommodations for qualified students with disabilities. If you have a disability for which you require accommodation under the terms of the Americans with Disabilities Act of the Rehabilitation Act of 1973 or Section 504 of the Rehabilitation Act of 1973, please contact the ODA office and your Instructor. Scan and email your ODA written accommodation request to your Instructor by the end of the first week of classes.

Copyright Law State common law and federal copyright law protects the materials provided in this class. They are the creator's own original expression. Whereas you are authorized to use all information provided to create a derivative work for the purpose of study, this authorization extends only to making one set for your own personal use and no other. You are not authorized to provide your notes or any rendition of this class to anyone who is not enrolled in the class, or to make any commercial use of it without the creator's expressed written permission.

Privacy Statement The Family Educational Rights and Privacy Act states that upon the 18th birthday, rights regarding an individual's education transfer from the parent to the student. As a result, information concerning your progress in class or your grades cannot be released to family members.

If you would like your parents to have access to your educational record, please go to the following link and complete the Parental Affidavit for Academic Information or contact the UNT Registrar's Office.
<http://www.unt.edu/ferpa/parents.htm>

Academic Dishonesty Academic dishonesty includes, but is not limited to, the use of any unauthorized assistance in taking quizzes, tests, or exams; dependence upon the aid of sources beyond those authorized by the instructor, the acquisition of tests or other material belonging to a faculty member, dual submission of a paper or project, resubmission of a paper or project to a different class without express permission from the instructors, or any other act designed to give a student an unfair advantage.

Plagiarism includes a paraphrase or direct quotation of published or unpublished works without full and clear acknowledgment of the author/source. Academic dishonesty brings about disciplinary action that may include expulsion from the university as explained in the UNT Student Handbook.

HMG2 2460 FALL 2011 LAB-CLASS SCHEDULE

Date	Lab No.	Exam No.	Title	Report	Quiz	Exam
08/31	***		Lab orientation	10	5	
09/07	1		Measurement	10	5	
09/14	2		Food groups at a buffet	10	5	
09/21		1	Unit 1 Exam - textbook			50
09/28	3		Dietary Reference Intakes	10	5	
10/05	4		Wheat-free dietary patterns	10	5	
10/12		2	Unit 2 Exam - textbook			50
10/19	5		Sweetness - cereals	10	5	
10/26	6		Dietary fats	10	5	
11/02		3	Unit 3 Exam- textbook			50
11/09	6		Dietary fats	10	5	
11/16	7		Plant based diets	10	5	
11/23			Thanksgiving			
11/30		4	Unit 4 Exam - textbook			50
11/30	9		Sensory evaluation of water	10	5	
12/07	10		Plant Phytochemical	10	5	
*****		Final	Lab final (Late exam*)			15
TOTAL REPORT AND QUIZ (9 Highest points**)				90	45	
TOTAL EXAM & FINAL POINTS						215

* There is a 10-point penalty for taking a late exam. Only one late exam is allowed.

**When all ten labs are submitted and graded the lowest grade is dropped.

When all ten quizzes are graded the lowest grade is dropped.

HMG2 2460 ONLINE CONTENT AND QUIZZES

Open	Close	Chapter/Bonus Exercise	Quiz Pts	Bonus Pts
08/25	09/05	Bonus Lab Introduction quiz		2.5
08/25	09/05	Bonus - Quiz for syllabus		2.5
08/25	09/05	Bonus - What I eat		5.0
08/25	09/05	Quiz 1. Global nutrition - In-depth cptr 16	5	
09/06	09/12	Quiz 2. Cptr 1 text - Nutrition in health	5	
09/13	09/19	Quiz 3. Cptr 2 text - Healthful diet	5	
09/20	09/26	Quiz 4. Cptr 3 text - Human body	5	
09/27	10/03	Quiz 5. Cptr 4 text - Carbohydrates	5	
10/04	10/10	Quiz 6. Cptr 5 text - Fats	5	
10/11	10/17	Quiz 7. Cptr 6 text - Protein	5	
10/18	10/24	Quiz 8. Mineral/vitamin In-depth cptr 6 & pdf	5	
10/25	10/31	Quiz 9. Cptr 7 text - Fluid & electrolyte balance	5	
11/01	11/07	Quiz 10. Cptr 8 text - Antioxidant function	5	
11/08	11/14	Quiz 11. Cptr 9 text - Bone health	5	
TOTAL QUIZ POINTS (10 highest grades)*			50	

*When all 11 online quizzes are submitted and graded the lowest grade is dropped

ACADEMIC REQUIREMENTS

- Students majoring in Hospitality Management are required to have a minimum grade point average of at least 2.35 on all courses completed at UNT. First term/semester transfer students must have a transfer grade point average of 2.35.
- A grade of C or above must be earned in each hospitality and tourism management (HMGT or SMHM) course completed in residence or transferred to UNT.
- Academic requirements for graduation with a BS in Hospitality Management from the School of Merchandising and Hospitality Management include:
 - A minimum GPA of at least 2.35 on all courses completed at UNT.
 - A grade of C or above in each hospitality management course completed in residence or transferred to UNT. This includes all courses with prefixes SMHM, HMGT, MDSE, DRTL and HFMD.
 - A minimum of 2.35 GPA in all work attempted, including transfer, correspondence, extension and residence work.

For additional information regarding requirements and policies, refer to the 2011-2012 Undergraduate Catalog.

ACADEMIC ADVISING

- The SMHM Advising Staff recommends that students meet with their Academic Advisor at least one time per long semester (Fall & Spring). It is important to update your degree plan on a regular basis.
- **Departmental Contact Information (Chilton Hall 385):**

Assistant Director of Advising (Digital Retailing)	Lynne Hale, Ph.D.	940.565.3518
Hospitality (A-M)	Ernestine Denmon	940.565.4810
Hospitality (N-Z)	David Watkins	940.369.7599
- Please check prerequisites carefully prior to enrolling in courses. Students **MUST** complete all prerequisite courses before enrolling in upper division courses.
- It is imperative that students have paid for all enrolled classes. Please check your online schedule daily through the 12th class day (September 9) to insure you have not been dropped for non-payment. Students unknowingly have been dropped from classes for various reasons such as financial aid, schedule change fees, etc. SMHM will not be able to reinstate students for any reason after the 12th class day regardless of situation. It is the student's responsibility to ensure all payments have been made.

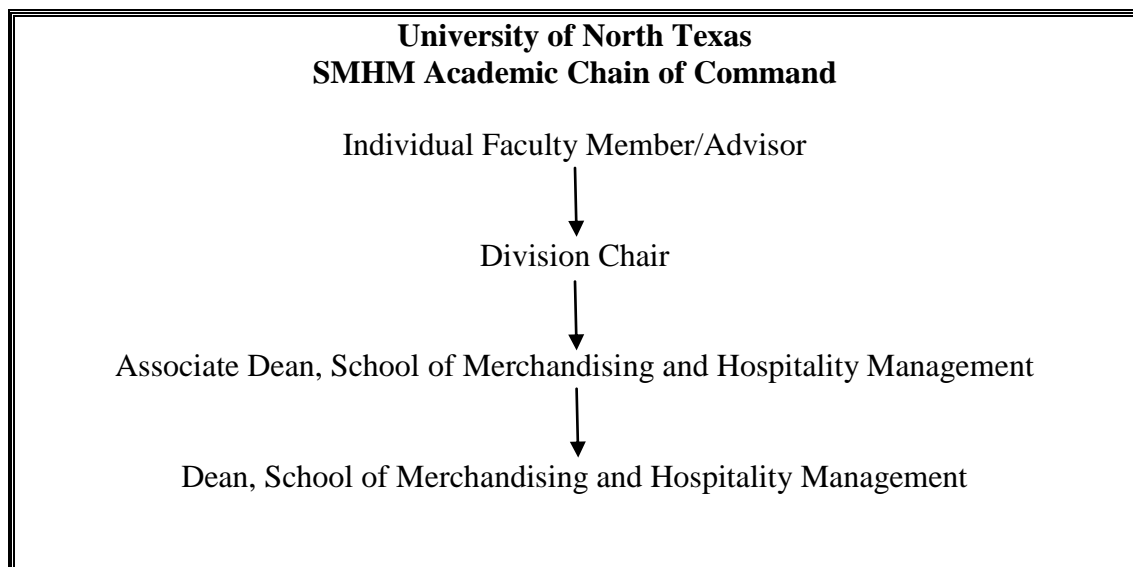
IMPORTANT Fall 2011 DATES

August 24	Last day for 100 percent refund
August 31	Last day to change schedule other than a drop.

September 5	Labor Day – No Classes
September 8	Twelfth class day
September 9	Beginning this date a student who wishes to drop a course must first receive written consent of the instructor.
September 10	Apogee Stadium Opens for first Home Game - Game time 6:00 pm
September 15	Graduation applications due
October 5	Beginning this date, instructors may drop students with grade of WF for nonattendance.
October 22	Homecoming – Join us for pre-game fun!
October 28	Last day for a student to drop a course with consent of instructor.
November 18	Last day for an instructor to drop a student with a grade of WF for nonattendance.
November 18	Last day to withdraw from the semester (Dropping all UNT courses) A grade of WF may be assigned if student is not passing.
November 24-27	Classes dismissed for Thanksgiving holiday. University closed.
December 3-9	Pre-finals week
December 9	Reading day. No classes.
December 10-16	Finals week.
December 16	Master's commencement
December 17	Undergraduate commencement

ACADEMIC ORGANIZATIONAL STRUCTURE

Understanding the academic organizational structure and appropriate Chain of Command is important when resolving class-related or advising issues. When you need problems resolved, you should start with your **individual faculty member and/or advisor** who will then help you navigate the Chain of Command shown below:



QUALIFIED STUDENTS UNDER THE AMERICANS WITH DISABILITIES ACT OR SECTION 504 OF THE REHABILITATION ACT OF 1973

The School of Merchandising and Hospitality Management cooperates with the Office of Disability Accommodation to make reasonable accommodations for qualified students with disabilities. If you have a disability for which you will require accommodation, please present your written accommodation request by the *end of the first week* and make an appointment with the instructor to discuss your needs.

COURSE SAFETY STATEMENTS

Students in the School of Merchandising and Hospitality Management are urged to use proper safety procedures and guidelines. While working in laboratory sessions, students are expected and required to identify and use property safety guidelines in all activities requiring lifting, climbing, walking on slippery surfaces, using equipment and tools, handling chemical solutions and hot and cold products. Students should be aware that the University of North Texas is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider obtaining Student Health Insurance for this insurance program. Brochures for this insurance are available in the UNT Health and Wellness Center on campus. Students who are injured during class activities may seek medical attention at the UNT Health and Wellness Center at rates that are reduced compared to other medical facilities. If you have an insurance plan other than Student Health Insurance at UNT, please be sure that your plan covers treatment at this facility. If you choose not to go to the UNT Health and Wellness Center, you may be transported to an emergency room at a local hospital. You are responsible for expenses incurred there.

ACADEMIC DISHONESTY

Academic dishonesty includes, but is not limited to, the use of any unauthorized assistance in taking quizzes, tests, or exams; dependence upon the aid of sources beyond those authorized by the instructor, the acquisition of tests or other material belonging to a faculty member, dual submission of a paper or project, resubmission of a paper or project to a different class without express permission from the instructors, or any other act designed to give a student an unfair advantage. Plagiarism includes the paraphrase or direct quotation of published or unpublished works *without* full and clear acknowledgment of the author/source. Academic dishonesty will bring about disciplinary action which may include expulsion from the university. This is explained in the UNT Student Handbook.

CLASSROOM POLICIES

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the

classroom, and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including university and electronic classrooms, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at http://www.unt.edu/csrr/student_conduct/index.html.

The School of Merchandising and Hospitality Management requires that students respect and maintain all university property. Students will be held accountable through disciplinary action for any intentional damages they cause in classrooms. (e.g., writing on tables). Disruptive behavior is not tolerated (e.g., arriving late, leaving early, sleeping, talking on the phone, texting or game playing, making inappropriate comments, ringing cellular phones/beepers, dressing inappropriately).

ETA SIGMA DELTA (ESD) FREE TUTORING SERVICE

As their service project, Eta Sigma Delta International Hospitality Management Honor Society members have offered their time to tutor Hospitality Management students. If you need tutoring, contact Dr. Lea Dopson at DopsonL@unt.edu. Place the following message in the Subject line of the e-mail: URGENT!!! Need Tutoring. In the body of the message, include your cell phone number and the number and name of the class with which you need help. Dr. Dopson will then contact the Tutoring Coordinator of ESD and provide your e-mail information and cell phone information. An ESD member will then contact you directly to set up a tutoring schedule.

STUDENT EVALUATION OF TEACHING EFFECTIVENESS (SETE)

The Student Evaluation of Teaching Effectiveness (SETE) is a requirement for all organized classes at UNT. This short survey will be made available at the end of the semester to provide students a chance to comment on how this class is taught. Student feedback is important and an essential part of participation in this course.

FINAL EXAM POLICY

Final exams will be administered at the designated times during the final week of each long semester and during the specified day of each summer term. Please check the course calendar early in the semester to avoid any schedule conflicts.

ACCESS TO INFORMATION

As you know, your access point for business and academic services at UNT occurs within the my.unt.edu site www.my.unt.edu. If you do not regularly check Eagle Connect or link it to your favorite e-mail account, please so do, as this is where you learn about job and internship opportunities, SMHM events, scholarships, and other important information. The website that explains Eagle Connect and how to forward your email: <http://eagleconnect.unt.edu/>

COURSES IN A BOX

Any SMHM equivalent course from another university must receive prior approval from the SMHM academic advisor to insure that all UNT Merchandising and Hospitality Management degree plan requirements are met. For example, courses that are taken online or from a program that offers course material via CD, booklet, or other manner of correspondence must have prior advisor approval. This includes “courses in a box” from other educational institutions (HMG 4250, HMG 4820, etc.). “Courses in a box” do not meet the UNT Merchandising and Hospitality and Tourism Management degree plan requirements and will not be approved.

IMPORTANT NOTICE FOR F-1 STUDENTS TAKING DISTANCE EDUCATION COURSES

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student’s responsibility to do the following:

- (1) Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
- (2) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Advising Office. The UNT International Advising Office has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, students should contact the UNT International Advising Office (telephone 940-565-2195 or email international@unt.edu) to get clarification before the one-week deadline.

EMERGENCY NOTIFICATION & PROCEDURES

UNT uses a system called Eagle Alert to quickly notify you with critical information in an event of emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). The system sends voice messages (and text messages upon permission) to the phones of all active faculty staff, and students. Please make certain to update your phone numbers at www.my.unt.edu. Some helpful emergency preparedness actions include: 1) ensuring you know the evacuation routes and severe weather shelter areas, determining how you will contact family and friends if phones are temporarily unavailable, and identifying where you will go if you need to evacuate the Denton area suddenly. In the event of a university closure,.... **FACULTY - SPECIFY HERE HOW YOU WILL CONTACT STUDENTS and CONTINUE WITH THE CLASS.**